

Julia Jameson – Psychotherapy and Counselling

Terms and Conditions

Appointments

I see individual adults both in person, face-to-face and online via Zoom.

In person appointments take place at the notified address in Hampstead Garden Suburb, Northwest London (nearest tube Golders Green). Please arrive at the arranged time as there is no waiting room.

Online sessions are organised via Zoom.

Appointments usually take place at a time mutually agreed at the initial interview. The initial interview is an opportunity to explore the presenting issues in the wider context of one's life and whether psychotherapy can help with this. All appointments are for one hour (60 minutes). Client choice is paramount, and sessions can be ended at any given time in discussion with the therapist.

Fees

- My fees are structured according to current market rates, and I do charge a fee for the initial interview. Concessions may be negotiable according to individual circumstances.
- Payment may be made in cash or by bank transfer.
- 48 hours' notice is required for no charge cancellation of a booked session.

Confidentiality

Under the General Data Protection Regulation (GDPR), client consent will be obtained to use and securely retain the client's basic personal data e.g. name and contact details. All sessions are confidential, in line with the [UK Council for Psychotherapy's Code of Ethics and Professional Practice](#). This code is published on UKCP's website (<https://www.psychotherapy.org.uk>).

Qualifications

- **MA in Psychosynthesis Psychotherapy** – [Middlesex University](#) and [Institute of Psychosynthesis](#) – **Distinction** and winner of the Emma Stavrou Thesis Award for a thesis which advances clinical insight and academic perspective into the theory of a psychospiritual psychology.

Julia Jameson – Psychotherapy and Counselling

- **Diplomas in Psychosynthesis Psychotherapy and Counselling**, awarded by the Institute of Psychosynthesis and accredited by the UK Council for Psychotherapy
- **Registered member of UKCP** (UK Council for Psychotherapy)
- **Registered psychotherapist** with the [Association of Psychospiritual Practitioners](#)
- **Yin and Yang Hatha Yoga Teacher** – The Yoga Academy (British Wheel of Yoga-Accredited Group, RYS200 Yoga Alliance (US) and Yoga Alliance Professionals), Simon Low
- **Restorative Yoga Teacher** - ‘Relax and Renew’ Level 1, Judith Hanson Lasater
- **BSc Politics** – Bristol University – 2:1